

Future Focus for the WHM by Rev Kojun

"Building <u>Relationships</u>"

First, "Aloha Visitation" I would like to visit each members' home once a month. I especially want to visit home-bound people and people who live alone because being lonely is probably one of our greatest fears. When we have good health, we can go anywhere. So, we do not realize the suffering and fear that loneliness causes. But when we are really sick or have lost our loved one, we realize it. So, just visiting and greeting them is surely a very comforting thing to them. And visiting members expresses that we, our temple, never forgets their help and efforts even though they cannot come to the temple. It is most important to build a relationship. Please sign the form below and return to me. For home visits, anyone can sign in. I just want to see your smile at least once a month. I am also looking for a volunteer to guide me to a member's house for the first two or three months. *Please sign the form below.

Second, "Education programs" I want to ask the Dharma School students to lead us in chanting the sutra one Sunday service per month. I want the students to realize that sutra chanting is very enjoyable. Enjoying Buddhism is a first step for kids. And if we can open Kumon classes in math, reading, and even Japanese, it would be a good program for the school students. It is a good chance for building a relationship between temple and the younger generation. Fortunately, we have a room, and I am sure that we have many temple members who could volunteer to teach them. I am also looking for a volunteer for the class.

*I asked the board members of the temple to approve it as a temple activity.

Third, "Japanese Culture Class" if you want to learn Japanese conversation and Japanese calligraphy, my wife can teach you. It is a good chance for you to learn about different cultures in the temple. *I have to ask my wife to open the class.

I believe that the temple should be open to the public for people who want to come. So, we should try to do something so that people can come to temple easily. Let us work together and walk together for the future of the temple!

I will share with you some more of my plans for the future of the temple later on.

Thank you.

"Aloha Visitation"

Name (print)

Home Address

Phone number (optional)

*Please return it by end of August. (Even though you return after August, I will accept it. If you know people who allow me to visit, please let me know.



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WHM newsletter is published by friends of the Dharma. Volunteers are welcome to serve on the committee. Please send comments and change of address to WHM office or email at news@wahiawahongwanji.org. Roy Higa, Editor



President's Message

Glenn Hamamura AUGUST 2012

The Obon activities for 2012 at our temple are over, and with the support of many, many volunteers, we had a very successful week. Hatsubon service this year was our opportunity to have Reverend Kevin Kuniyuki preside over the service, working with many families that he had supported over the previous year. We added a few visual elements to the service, including the lighting of candles for each family, and using paper lanterns as part of the display. Both were well received by the families, and we'll consider that for next year.

Bon Dance was well attended both evenings. Reverend Hashimoto had arrived a few days before, and in addition to conducting the service, he and his family were part of the dancers that celebrated those evenings. We continued to expand our food operations, and this year added saimin and bbq meat, and a few other dishes. Reverend Earl Ikeda joined us as well, and provided a dish that sold well. We initiated a silent auction. While there are many people to thank, the overall coordinator, Dale Shimaura, deserves our special thanks.

On June 17th, we welcomed the Hashimoto family to the temple. Besides picking them up at the airport, we also had a surprise birthday celebration for Shoshi, whose 10th birthday just happened to be on the 17th. If you have not had a chance to meet Reverend Hashimoto and his family, please find an opportunity at one of the services or our many summer activities. Reverend Hashimoto had shared several ideas that he is interested in pursuing as part of his temple vision, and I believe that we will be well served during his tenure at Wahiawa. Takako Hashimoto also has many talents, and we hope to engage her in adding additional programs to our temple that can benefit the membership.

Our attention is now shifting to Gathering 2012, which will be held in coordination with the Buddhist Studies Center from August 10 to 12th at the BSC. Flyers are available at the temple office, information is also available at the website. Great Shin Buddhist scholars, including Dr. Ken Tanaka, Reverend Kubose, and Dr. Bloom will share their perspectives during the seminar. Some of our own members will have roles in the program as well. To put our 'Wahiawa Hongwanji' special touch on the event, several of our key chefs will be preparing two dinners which are part of the time together there. This is an event that requires registration, and a reasonable fee is being charged to defray the costs of obtaining the speakers and providing the meals. This event will be held in conjunction with the BSC 40th anniversary celebration.

Finally, as a planning note, we are very fortunate to be hosting a special performance by Dr. Xiaoyan Jiang, who, besides being a medical doctor, is a performer of the Chinese Niko instrument. She has performed in Japan on NHK television, and at many events. We are planning to have her at the Wahiawa Hongwanji on Sunday, September 16, probably at 9 am, although we are still working on finalizing the time. Thanks to Pieper Toyama, headmaster of the Pacific Buddhist Academy, who provided us this opportunity. ______ In Gassho______

Thanks again to the many members and other volunteers that made the OBon festivities happen.

In Gassho

Glenn Hamamura

"Dekiru Dake"- Do as Best as You Can

It was a slightly overcast morning as we drove to Wahiawa Sunday morning after Obon weekend. The previous two days had been highly successful with hundreds of people attending and many volunteers helping to put together another great and memorable event.

Volunteers came from all over and we were very thankful for the participation. Annually you can count on this enthusiastic support by people who are members who generally don't attend weekly services, as well as non-members and friends who just come to help out. Of course, there are the core members who are there on almost all occasions working from early morning both Friday and Saturday until very late in the evening.

But this is Sunday morning, the morning after all this went on. It is clean-up time. Already, men had arrived early to dismantle the yagura and unstring all the lanterns. Women were wiping the lanterns down as other were preparing food in the kitchen to feed the crew. Although there is a definite plan for how things are done, it is not as structured as the previous two days where a lot of planning and continuous improvement practices are in place for many weeks prior to the event.

For cleanup, people show up and start doing stuff. It's actually quite silent as people just come and do. There is no "supervisor" or "boss" telling people what to do. Everything is implicit. If something needs to be done, you just do it. Everyone is operating in this mode. Because I'm not much of a "handy" man or strong for that matter, I noticed that there was a lot of wiring on the ground. I went over to Richard Fujimoto and Richard Nakasone and asked how I could help. They showed me how to straighten the wire by thumping them on the ground, then rolling up them using black electrical tape to keep them together. "Be careful not to coil them too tight and make sure you leave me tape at the end so it would be easy to take off for next year."

Wow, that didn't even occur to me. Nothing like learning right there on the job.

This behavior of working quietly and independently is typical of "physically-centered" people. This term was coined 40 years earlier by a clinical psychologist, Sandra Seagal, Ph.D., in studying the behaviors and characteristics of people. She found that behaviors can be categorized into three big groupings/principles: mental, emotional and physical. She and her associates studied over 80 thousand people in twenty-five cultures. They found that these characteristics were so fundamental in people that there was no distinction between cultures, or gender or age.

She found, however, that Asians are predominantly physically centered. In the US, the population can be segmented into 5% mentally-centered, 80% emotionally-centered, and 15% physically-centered. Physically-centered people are very action oriented and tend to work relatively independently. Communication is generally not done unless people really know each other well. In Japan, people who talk a lot are sometimes viewed suspiciously. In the United States, speaking is the primary vehicle for communication and is considered a key leadership trait. For many of us, being brought up in an emotionally based educational system, this trait can be especially stressful. However, physically-centered people adapt to their environment very well, so many 3rd and 4th generation physically-centered people have evolved, acquiring behaviors characterized by emotionally-centered people typical in America.

Each principle has strong strengths and having a diverse group generally means having better outcomes and performance. However, understanding that there are differences and that there is strength in this diversity is critical. If you'd like to learn more, go to: www.humandynamics.com

Continue next page

If you took a time lapsed photo every 15 minutes, you will see the grounds of the temple slowly becoming completely clean. There are no orders or instructions...just people jumping in and working where there is clearly work to be done. Some people come for an hour or two, do some things, and leave. It's actually quite elegant to watch. Almost like a welltuned orchestra.

I saw the same thing occur at San Fernando Valley Hongwanji temple during one of their annual mochi making events twenty five years ago. Mochi was made outside where the temperature was around 45 – 55 degrees. The sun was shining and the air crisp. There were about 100 people working at 5 tables. Three steaming mochi making machines were feeding these 5 tables. When we arrived, no one told us what to do. We didn't know the people, but we just stepped up to a table and started cutting or kneading mochi as others placed them in bags for sale. There was friendly chatter going on but generally people quietly worked and did their part to help.

You felt great doing work this way. You see results immediately and you know you're making a difference. Yes, there were standards to be followed but they were generally simple. There was a feeling of community and camaraderie, and after everything was done, we all enjoyed some lunch and refreshments

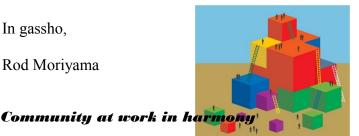
Reverend Taitetsu Unno said:

- "There are only two things to know about Buddhism: To awaken to see our Bonbu self...our human imperfections, our human limitations, our self-centeredness, our own foolishness, our own faults... reality as it is.
 - With awakening, comes a transformation of our hearts and minds,
 - Helping us to become more humble, more repentant

Helping us to live with deeper gratitude, beginning with members of our own families and extending to the rest of society, as best we can. Dekiru-dake."

In gassho,

Rod Moriyama



Volunteer of the Month

The month of July showcases Mr. Richard Nakasone. Naka is a lifelong resident of Wahiawa and attended Leilehua High School. Naka and his wife Taeko were blessed with three sons.

Naka retired as a Carpenter Supervisor and was employed by Monma Construction Company. For a short period after retiring from Monma Construction, Naka was employed at Zippy's and after that at Punahou School.

In his retirement years, Naka has devoted an extensive amount of his time performing repairs and maintenance on our temple facilities. His extensive experience, knowledge and skills in the building maintenance and construction industry are being demonstrated on a daily basis. No matter what time of the day, or what day of the week, Naka has always responded when called upon to help resolve maintenance problems at our temple.



Thanks Naka, for your never ending devotion.

Temple News

Family Day

On July 22nd we celebrated Family Day at temple that brought various members of our Sangha together, young and the young at heart for service, various activities and a delicious lunch.

We were fortunate to have a talented, awe-inspiring Dharma speaker, Laurie Rubin share her journey from childhood to the present. For those who do not know her, she is a mezzo-soprano praised in the New York Times and Los Angeles Times for her artistry and voice that displays "earthy, rich qualities". She performed concerts in the United Kingdom, Carnegie Hall, The John F. Kennedy Center and the White House with a number of roles at the New York City Opera.

Ms. Rubin recorded a CD of songs by a variety of classical composers. The second CD "Do You Dream in Color" on which she wrote the lyrics was released in February of 2012. Her memoir, also entitled *Do You Dream in Color*, which she details her life as a blind young artist will be released in October 2012. Currently she is in the process of recording an album of musical theatre and pop hits as well as original songs entitled "The Girl I Am" that will be released in the fall of 2012. Ms. Rubin currently serves as Associate Artistic Director of Ohana Arts Festival and School in Honolulu that she co-founded in 2010.

Following the morning service, we settled into the Social Hall to participate in activities related to Laurie's morning talk. Laurie has her own jewelry line so members created their own bracelets out of cording and beads. Since being blind heightens the other senses, people went to various stations to see if they knew the answer for the different items: smelling of spices, feeling of shapes, listening to name songs, and tasting of soft drinks. Everyone was up to the challenge of figuring out as many as they could. As the last activity of the day everyone reflected on the speaker and activities, and created a bucket list of their plans, hopes, and dreams. This list was inserted into their bucket to be taken home. Finally, winners received a prize and do you know what? Everyone was a winner!

After all the excitement of the morning, everyone was famished for lunch. We had hot dogs, potato salad, tossed green salad, chips with lots of dip, and of course, ice-cold watermelon. Yum, Yum!

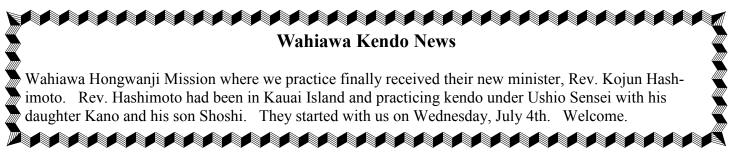
Oahu District Seminar with Rev. Koyo Kubose August 5, 2012 at 1:00 p.m. Wahiawa Hongwanji

Through the auspices of the Buddhist Study Center we are fortunate to have Rev. Koyo Kubose as a speaker at a seminar in the Oahu District before the Gathering 2012 begins. Let's gather to hear his stories that delight listeners of all ages.

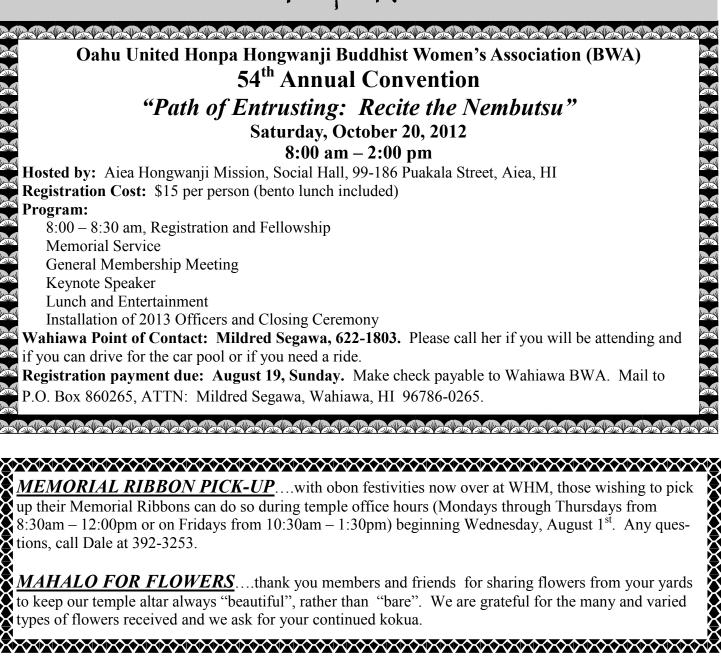
Dharma School Sundays and Dharma School

Beginning in July, Rev. Hashimoto introduced the idea of having the Dharma school students participate in Sunday services. On July 8, Kano Hashimoto was the MC with Shoshi Hashimoto, Cy Acohido and Jay Acohido accompanying Rev. Hashimoto in the Vandana and Ti-Sarana and the sutra chanting "Gassho to Amida." The next Dharma Sunday will be on August 5th.

In the month of August Dharma school students will have lessons on August 19 and 26.



Temple News







Reverend Hashimoto first sermon at the Wahiawa Hongwanji Temple on July 1, 2012

REQUEST FROM THE CALENDAR COMMITTEE 2013 Hawaii Kyodan Calendar - Call for participation Help us create this daily reminder of the Jodo Shinshu teachings that manifest in your everyday life. How you show LIVE THE TEACHINGS! Can include artwork in 2D (drawing/paintings/calligraphy), 3D (sculpture, environmental) or digital photographs. • Artwork and sculptures must be photographed or scanned. • You may submit low resolution files and we will advise on photographing your work if selected for the calendar. L • E-mail to Stephan Doi shd@hawaii.rr.com or Alan Kubota lenscapes@yahoo.com • Digital photos must be in a file of sufficient resolution (quality) to produce an 8x10 photo. • Digital photos can be put on a CD and mailed to: Attn: Calendar Committee, Honpa Hongwanji Mission of Hawaii State Headquarters, 1727 Pali Hwy. Honolulu, HI 96813 DEADLINE FOR SUBMISSIONS: SUNDAY, SEPTEMBER 9, 2012 Any questions? Please contact Lois Ohta: OHTAL002@hawaii.rr.com

> Do not speak- unless it improves on silence. All know the Way but few actually walk it.

Tibetan medicine advocates positive, preventive approach

By Ira ZuninIra Zunin, M.D., M.P.H., M.B.A., is medical director of Manakai o Malama Integrative Healthcare Group and Rehabilitation Center and CEO of Global Advisory Services Inc. "Originally published in the Honolulu Star-Advertiser."

The recent visit of the Dalai Lama to the islands helped Hawaii appreciate even more the great richness of Tibetan cultural history and values under siege. I first met with the Dalai Lama nearly 35 years ago in Dha-ram-sala, India, and received his offer of support to identify Tibetan physicians who might be able to teach courses I had been running in Nepal for Westerners to gain an introduction to Tibetan medicine.

Among the ancient healing traditions, Tibetan medicine is particularly distinguished by its view of the mind's central role in the cause of health and illness. Originally passed on as an oral tradition, all of Tibetan medicine can be visualized as a tree with three roots, nine trunks, 47 branches, 224 leaves, two flowers and three fruits.

The three roots represent potential obstacles or mental poisons that can impede not only health, but also prosperity: ignorance, aversion and attachment. Tibetan medicine would agree with modern views that ignorance yields to education, knowledge and experience, but it submits that still more is possible: wisdom to see the true nature of worldly phenomena.

Aversion and anger are thought to breed "hot" illnesses such as certain headaches, gastritis and heart disease. Attachment, its opposite, might result in greed and fear, at times leading to chronic anxiety, panic attacks and insomnia.

According to the Tibetan medical tradition, skillful prevention and treatment of illness results in health through balance that yields two blossoming flowers of health and longevity and three precious fruits: prosperity, spiritual attainment and happiness.

With health system reform and current efforts to develop the patient-centered medical home, preventive care continues to come to the fore. The Tibetan medical tradition has always emphasized a positive lifestyle and appropriate diet as the lead strategy to

health through balance while holding in reserve medicines and interventions.

Still, according to the Tibetan tradition, wisdom by itself is not enough to achieve health or steady prosperity. Wisdom must be combined with a compassionate heart that contains not only empathy, but also genuine motivation to be of service in a way that benefits others.

A close friend, part owner in a highly successful local solar company, recently said that a "good business deal must work for all parties." Today most business schools emphasize team-based, collaborative strategies. We talk about engineering a "win-win" situation. Yet so often there is only a thin veil between our pleasant face, what we expect to get in return and disappointment if there is no near-term monetary gain. In contrast, the Tibetan tradition asserts that skillful means combined with genuine compassion is the best prescription for health, wealth, long life, spiritual contentment and happiness.



Gotan-e Donation

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Columbarium

Betsy Miyamoto	50.00	In Memory of: Kum	ahiko & Mie Nakamura	10.00
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Irwin & Evelyn Kawano Noriko Murakoshi	25.00 25.00		5	
Hideko Watanabe	23.00 20.00	Linda Yoshikami	In Memory of: Kelly Yoshikami	25.00
HIGEKO W ataliade	20.00	Linda Yoshikami	In Memory of: Kelly Yoshikami	25.00

Donation			
Lily Horio	25	Gail Rabideau	20
Nishihara Family	20	Rainbow Seniors Line Dancing	39
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Marcus Oshiro	500	Wahiawa Community Based	
Gail Rabideau	50	Development Org	200

<u>Hoonko</u> Phyllis Tanaka <u>*Chigan-Spring*</u> Shizuko Hisamoto Phyllis Tanaka <u>Social Concerns</u> Jane Carlson

50



Every effort has been made to accurately present these records. Please call the office 622-4320 to report any errors.

If you do not want your name to be published, please mark your donation "Do Not Publish." *Thank you very much.*





FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

June 15, 2012

Aki Kakazu Club Asoka Wahiawa Hongwanji Mission 1067 California Ave Wahiawa, HI 96786

Dear Aki:

Operation Purple at YMCA Camp Erdman finished last week Friday, and I was fortunate enough to be able to spend an inspiring day with children who attended because of Club Asoka's generosity. Thanks to you, we were able to invite 130 kids to Operation Purple.

This camp almost didn't happen. When we learned in February that we would not receive funding by the National Military Family Association, we decided we needed to reach out to community members such as you who then made it happen.

I wanted to bring a little of last week's experience to you, so attached you will see photos we took at camp. When we asked campers what they would say if they met one of the donors that made this camp possible, here's what a couple of them said:

I'd like to say thank you because it's really amazing that they're doing this for us. I'm really grateful. ~Emily (in the helicopter photo)

I'd like to thank them so I could enjoy this camp. It was the most awesomest camp ever! ~Christopher (in the photo of the group of boys- yellow t-shirt)

Mahalo for Club Asoka's gift of \$1,000.00 received on 5/17/2012 to Operation Purple at YMCA Camp Erdman. Your gift enabled the Y to provide a summer resident camp experience for the children of our island military famililes, many of whom have one or both parents currently deployed.

Please keep this letter for your records as it serves as your receipt. The YMCA of Honolulu is a 501(c)(3) organization, so your gift is tax deductible to the extent of the law. We certify that you have not received any goods or services from us in exchange for your contribution.

Thank you again for your support!

Sincerely,

Mike Broderick President and CEO

YMCA OF HONOLULU 1441 Pali Highway, Honolulu HI 96813 P 808 531 YMCA F 808 533 1286 www.ymcahonolulu.org

JIM R. YATES, Chairman, Board of Directors MICHAEL F. BRODERICK, President & Chief Executive Officer



WHM CALENDAR AUGUST 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7pm-Dharma GP mtg	2 1pm-Dharma School Teacher Mtg	ε	4
5 9am-English Service 1pm– Rev Kubose	Q	~	∞	9 HOSHA 7pm -Club Asoka Mtg	10 4:30pm-Gathering 2012 @ BSC	11 8am-Gathering 2012 @ BSC
12 8am-Gathering 2012 @ BSC 9am-English Service 10am BWA Mtg	13	14	15	16 11am-Hospital Visit- ation (PD)	17	18
19 9am-English Service 10am-Board Mtg	20	21	22	23 HOSHA	24 6:30pm-Movie	25
26 9am-English Service	27	58	29	30	31	

Wahiawa Hongwanji Mission 1067 California Avenue P.O. Box 860265 Wahiawa, HI 96786-0265

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Wahiawa Hongwanji Mission

September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 9am-English Service	3	4	5 7pm-Dharma gp mtg	6 Hosha	7	8 Altar awareness @8:30am
9 Higan Service 8:30– Japanese Ser 10am-English Service	10	11 8:30am 9/11 Memorial Serv	12	13 7pm Club Asoka mtg	14	15
16 9am-English Service	17	18	19	20 Hosha 11am-Hosp visit (PD)	21	22
23 9am-English Service	24	25	26	27	28 6:30p-Movie nite	29 8am-Nembutsu Seminar
30 9am-English Service						